

June 2006



To register for a class, please call the respective numbers.

Makalapa 473-0247


Kaneohe Bay 257-2131

Questions for Health Promotion: 473-1880 EXT. 282/283

Naval Health Clinic Hawaii Health Promotion presents:

Skin Cancer Awareness

For additional information and resources visit The Wellness Center or call 473-1880 EXT 282.

Mon	Tue	Wed	Thu	Fri
			1	2
			<p>Sweating heavily, swimming, or other water activities reduces the SPF effectiveness. Sunscreen needs to be reapplied more frequently during these activities.</p>	<p>Makalapa Diabetes Self Management 1 0800-1200</p>
5	6	7		9
<p>Melanoma is a serious form of skin cancer that can affect the skin only or may spread through the blood or lymphatic systems to organs and bones. Melanoma can develop in an existing mole or other mark on the skin or on unmarked skin. It occurs most frequently on the upper backs of men and women. However, it can develop anywhere!</p> 	<p>Makalapa Nutrition / Weight Mgt 1000-1100</p> <p>K-Bay Tobacco Cessation 1 1400-1500</p>	<p>Makalapa Tobacco Cessation 1 1000-1100 OR 1630-1730</p>		<p>K-Bay Self-Care 0900-1000</p>
	13	14	15	16
	<p>K-Bay Tobacco Cessation 2 1400-1500</p>	<p>K-Bay Healthy Heart 0900-1000</p> <p>Makalapa Tobacco Cessation 2 1000-1100 OR 1630-1730</p>	<p>Makalapa Healthy Heart 1000-1100</p>	
	20	21	22	23
	<p>K-Bay Nutrition / Weight Mgt 0900-1000</p> <p>Makalapa Nutrition / Weight Mgt 1300-1400</p> <p>K-Bay Tobacco Cessation 3 1400-1500</p>	<p>Makalapa Asthma 1330-1430</p> <p>Makalapa Tobacco Cessation 3 1000-1100 OR 1630-1730</p>		<p>K-Bay Self-Care 0900-1000</p>
	27	28	<p>The primary risk factor for developing melanoma is excessive exposure to ultraviolet (UV) radiation from the sun. Some experts believe 65% or more of melanoma is caused by sun exposure, especially during childhood. One study estimates the use of a sunscreen SPF15 or higher during the first 18 years of life would cut lifetime risk of melanoma by 78%.</p>	
	<p>K-Bay Tobacco Cessation 4 1400-1500</p>	<p>Makalapa Tobacco Cessation 4 1000-1100 OR 1630-1730</p>		